

Children's eye test (Refraction)

Refraction appointment

Your child needs a test for glasses (refraction) at their next appointment. This sheet explains what will happen at that visit.

Eye drops

- Young children cannot give the responses that adults can give so the test can only be carried out after eye drops have been given.
- These drops dilate (widen) the pupil and relax the focusing muscles of your child's eyes making it possible to do the test.
- The drops cyclopentolate 1% will be put into both eyes.
- The drops sting a little for about 20 seconds when first put in; it takes about 40 minutes for the full effect of the drops.
- Sometimes, it may be necessary to put another set of drops in the eyes, especially if your child has dark eyes or is very long sighted.
- The test for glasses can only be done once the drops have fully relaxed the eyes.

The test

- The test is carried out in a dimly lit room.
- Your child only needs to look at a light during the test and does not have to give accurate responses.

After the test

- If your child needs glasses you will be given a prescription to take to an optician and a further appointment will be arranged in the orthoptic department.

- Your child will be sensitive to the sunlight for about 24 to 36 hours until the effect of the drops has worn off.
- It is useful to bring sunglasses or a peaked cap for outside.
- Close work may be blurred for the rest of the day.
- Focusing will return to normal by the next day.
- School age children can go back to school the same day but will not be able to see detailed close work clearly and this should be explained to the teacher.
- The pupil size may take up to two days to return to normal.

If you have any questions please ring 0118 322 7683 or 0118 322 7681 Monday to Friday between 8.30am and 4.30pm.

Where can I get more information?

To find out more information about the Trust, visit our website www.royalberkshire.nhs.uk

Orthoptic Department
Level 2 Eye Block
Royal Berkshire Hospital
Tel 0118 322 7683
Fax 0118 322 7685

This document can be made available in other languages and formats upon request.

Orthoptic Department, February 2007
Reviewed: October 2017
Review due: October 2019